

# Home Times Monthly

*A newsletter for Pond Home residents with  
all the news that's fit to print*

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October 2024 volume 144

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To My Dear Residents:

Hope you are getting outside to enjoy the gorgeous Fall weather we are being given right now. Days like these are what I think make New England so special. You can smell Fall in the air!

Speaking of seasons, they say there is a season for everything. The 'season' of Deb Rhines, our Social Worker, at Pond Home is coming to an end. She has worked her for just over three years and has recently given her notice. She will be ending her time at Pond Home at the end of this month. We wish her well in her next career path.

As part of the Social Worker role at Pond Home, she took minutes at the Resident Council meetings. Her impending departure offers an opportunity for residents to take a more significant role in running your Resident Council. At the October meeting, I will ask that this be added to the agenda for your discussion. Think about the possibility of you playing a leadership role in the council.

Thanks for reading,



Becky Annis, Administrator



## *Resident Spotlight*



This month's Resident Spotlight is **Rose Vacca**. Rose was born in East Boston in 1928. She was the second oldest of 7 sisters and 3 brothers. Her parents, Nicolina and Pasquale Vacca came to this country from Italy. They married and raised their family in East Boston, MA and eventually in Hyde Park, MA where they lived until their passing. Pasquale worked many jobs as a Chauffeur, Brick Layer, Gardener and Mechanic. Nicolina was a full-time homemaker and mother of 10 children.

Rose graduated from Hyde Park High School in 1945 and landed a position with the First National Bank of Boston. She worked for the bank for 18 years before leaving to go to school to become a hairdresser, something she was always interested in. She put herself through Wilfred Academy, graduated and began her career as a hairdresser in Norwood and Hyde Park until she retired to care for her elderly parents. Even after retirement, she continued to do hair in a small shop in her home for family and close friends.

In her younger years Rose loved to dance and would attend dances every Saturday night at the YMCA and Mosley's Dance Club in Dedham. Another favorite past time was shopping and always had a closet full of beautiful clothes.

Rose never married or had children of her own. However, she was not only that special "Auntie " to 24 nieces and nephews but a " 2nd Mom" to many as well. Family was and still is very important to her.

Rose moved to Pond Home in January 2023. She is a delightful woman.

Rose sits knitting



Rose loves BINGO





## **PATCHES' PURRSPECTIVE**

I have heard there is a saying, "Curiosity killed the cat", but I just cannot help myself. If there is a new person living here (with all their new things), I love to check their space out. If there is a new activity going on or a large gathering, I love to take a wander around that too, because, yes, I am curious. Thankfully this curiosity has served me well so far.

I want to know, what is all the fuss about! Usually, I find most people are thrilled to see me, but I do my best to act non-cholent about all the attention given to me. After all, I am a cat!

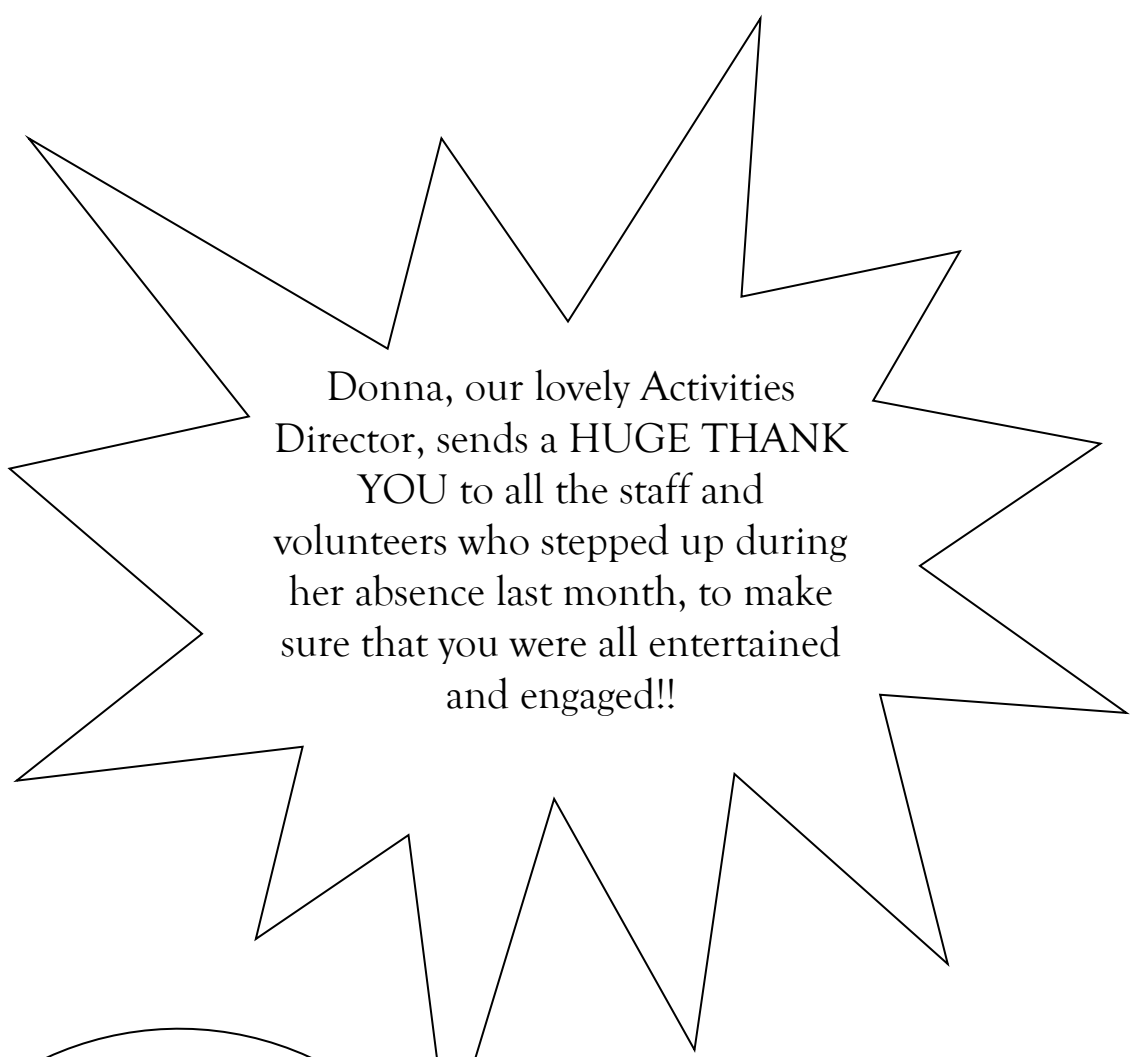
But, if I willingly come around you, then you should know, I think you are good people! I love sharing the house with you and respect those of you who would prefer I not visit your room for one reason or another.

Here is to a great month ahead of me curiously watching what is happening in our big house!

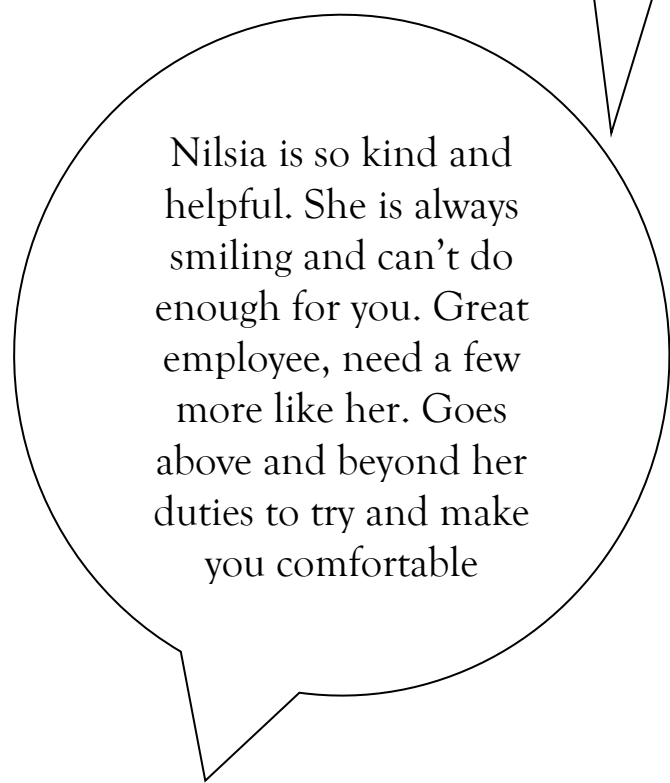
## **Your furry friend**



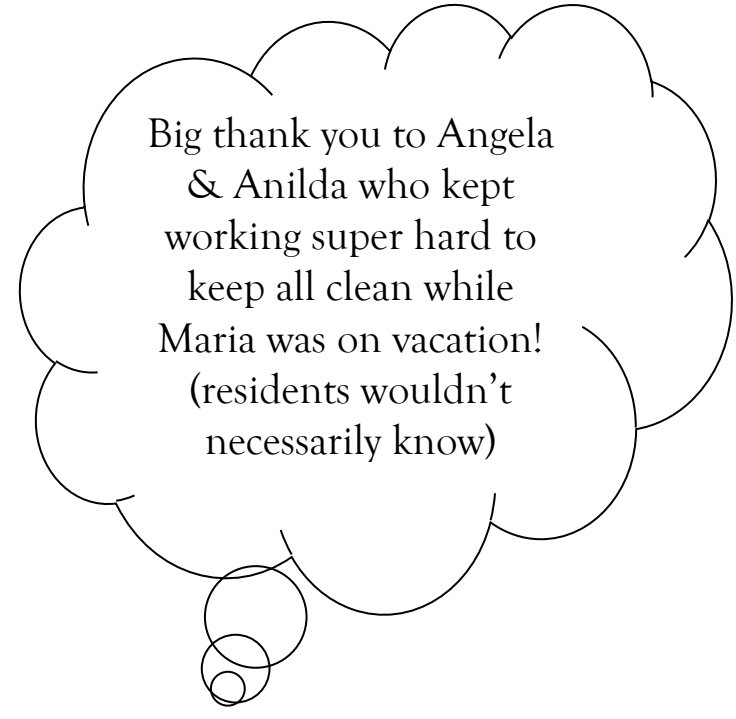
## COMMENT/GRATITUDE BOARD



Donna, our lovely Activities Director, sends a HUGE THANK YOU to all the staff and volunteers who stepped up during her absence last month, to make sure that you were all entertained and engaged!!



Nilsia is so kind and helpful. She is always smiling and can't do enough for you. Great employee, need a few more like her. Goes above and beyond her duties to try and make you comfortable



Big thank you to Angela & Anilda who kept working super hard to keep all clean while Maria was on vacation! (residents wouldn't necessarily know)

## DEBBIE'S WISDOM

Halloween isn't just about spooky fun. Would you believe it if I told you Halloween has a few healthy perks? Not all sweets should get a bad rap. Try dark chocolate which has some health benefits. If chocolate is not your thing, try Peppermint candy. Ginger chews is also a delicious treat that has the benefit of soothing gastrointestinal discomfort. Did you know that chewing gum can reduce stress, enhance attention and improve your mood? After you have indulged in these treats, try a scary movie. A study showed that watching a 90-minute horror film burns over 100 calories. Lastly, take part in the festivities. Halloween parties are a great excuse to socialize. Experts have uncovered that engaging in social interactions contributes to enhanced brain health. Research finds time and time again that those with strong, meaningful, social connections are happier, have fewer health problems and have a longer life. Go dress up and don't let the kids have all the Halloween fun!



## October Birthday's

|                |                  |
|----------------|------------------|
| Kenneth Bibby  | 3 <sup>rd</sup>  |
| Barbara Waters | 28 <sup>th</sup> |

## ***Message from Christa, DON***

CDC has recommended the updated 2024-2025 COVID-19 vaccines and the updated 2024-2025 flu vaccines to protect against severe COVID-19 and flu this fall and winter. It is safe to receive COVID-19 and flu vaccines at the same visit. Data continue to show the importance of vaccination to protect against severe outcomes of COVID-19 and flu, including hospitalization and death. In 2023, more than 916,300 people were hospitalized due to COVID-19 and more than 75,500 people died from COVID-19. During the 2023-2024 flu season, more than 44,900 people are estimated to have died from flu complications.

### **Updated 2024-2025 COVID-19 Vaccine Recommendation**

CDC recommends **everyone ages 6 months and older receive an updated 2024-2025 COVID-19 vaccine** to protect against the potentially serious outcomes of COVID-19 this fall and winter whether or not they have ever previously been vaccinated with a COVID-19 vaccine. Updated COVID-19 vaccines will be available from Moderna, Novavax, and Pfizer.

The virus that causes COVID-19, SARS-CoV-2, is always changing and protection from COVID-19 vaccines declines over time. Receiving an updated 2024-2025 COVID-19 vaccine can restore and enhance protection against the virus variants currently responsible for most infections and hospitalizations in the United States. COVID-19 vaccination also reduces the chance of suffering the effects of Long COVID, which can develop during or following acute infection and last for an extended duration.

Last season, people who received a 2023-2024 COVID-19 vaccine saw greater protection against illness and hospitalization than those who did not receive a 2023-2024 vaccine. To date, hundreds of millions of people have safely received a COVID-19 vaccine under the most intense vaccine safety monitoring in United States history.

### **Updated 2024-2025 Flu Vaccine Recommendation**

CDC recommends everyone 6 months of age and older, with rare exceptions, receive an updated 2024-2025 flu vaccine to reduce the risk of influenza and its potentially serious complications this fall and winter.

Most people need only one dose of the flu vaccine each season. While CDC recommends flu vaccination as long as influenza viruses are circulating, September and October remain the best times for most people to get vaccinated

For more information on updated COVID-19 vaccines visit: [Coronavirus Disease 2019 \(COVID-19\) | CDC](#). For more information on updated flu vaccines visit: [Seasonal Flu Vaccines | CDC](#).



# COVID-19/Influenza Vaccination Extravaganza 2024!!!



Attention all Pond Home Residents and Staff Members, please join us for this fun and important event!

**Date: 10/09/2024**

**Time: 09:00am-12:00Noon**

**Location:Pond Home Living Room**

**How to sign up: Click on the link below!**

<https://www.shaws.com/vaccinations/groupclinic/PondHome>

If you need assistance in registering, please see the Director of Nursing.

## **What you need to know:**

**\*Please bring a photo ID and a copy of your insurance card**

**\*Refreshments will be served**

**\*All that participate will be entered in a raffle for some great prizes!**

***Let's Keep Pond Home Community Safe by protecting ourselves, residents, families and loved ones!***



## Employee Spotlight

This month's spotlight is *Emily Collins*.



Hi, my name is Emily Collins. I'm 22 years old and I have worked in the kitchen at Pond Home for a little over 5 years! I just graduated in May from Merrimack College with a Bachelor of Science in Business Administration. With my new degree I intend to work in the sports and entertainment industry! I also work for the Kraft Group as an operations associate for the New England Patriots and the Revolution soccer team. When I'm not working, I love spending time with my friends, family, and pets. I also love to travel and go to concerts/ sporting events! I am so happy to work with such a great team in the kitchen and I have loved being able to create long lasting relationships and memories with my coworkers and the residents!

Hannah McGowen(left) & Emily

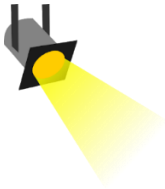


Louie



Minnie





## **Activity Highlights for October**

**Weekly shopping - Stop & Shop and Target Wednesday's at 10am**

**Mystery rides Thursdays leaving at 1:30pm**

**Lending Library - Monday's at 10am**

**CUDDLES with CODY - Tuesdays at 1pm**

**Wednesday's Music with Paul & Vince 2pm LR**

**Thursday Nights - Popcorn & a Movie 6pm LR**

**Exercise/Morning Stretch daily at 9:15**

**Monday Matinee - 1:15pm, LR**

10/7: "The Magic of Belle Isle"  
10/14: "A Man Called Otto"  
10/21: "The Prime of Miss Brodie"  
10/28: "The Shack"

**Saturday Matinee - 1pm, LR**

10/5: "First Dog"  
10/12: "The Best Exotic Marigold Hotel"  
10/19: "Pay it Forward"  
10/26: "The Light Keepers"

**Sunday Evening Movie - 6pm, LR**

10/6: "No Country for Old Men"  
10/13: "Chef"  
10/20: "Our (Almost Completely True) Love Story"  
10/27: "The Miracle Club"

10/4: Doug Robinson entertains  
10/5: Steven King performs  
10/11: Musical Memories with John & Linda  
10/13: Aoife Clancy sings  
10/17: Resident Council  
10/18: Michael Leidig plays piano  
10/19: Jim and JJ perform  
10/21: Catholic Mass  
10/23: Octoberfest Party  
10/24 & 10/28: Fall Foliage Tour to Arnald Arboretum  
10/25: Eddie Dillon plays  
10/29: Resident Memorial Service  
10/31: Pastor Ken



HAIRDRESSER THURSDAY & FRIDAY